



# How to deal with low Imaan

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

In the name of Allah, The Most Gracious, The Most Merciful

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Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you  
in good health and imaan.

On behalf of our AMAU Academy team, we would like  
to present to you these compiled notes that we have  
prepared to make your journey with us a lot easier.

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May Allah make our paths toward seeking  
beneficial knowledge easy and kindle our hearts  
with sincerity and gratefulness  
towards Him.

Jazakumullahu Khayran



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جل جلاله  
جَلْ جَلَالُهُ

| جل جلاله | Jalla Jalāluhu  
**Allah the Most Exalted**

صلی اللہ علیہ وسلم  
صَلَّی اللّٰہُ عَلٰیہِ وَسَلَّمَ

| صلی الله عليه وسلم | Sallālāhū Alayhi Wa Sallam  
**Peace and blessings of Allah be upon him**

# Introduction

---



# “Imaan

is defined as faith in Allah ﷺ

**His angels, scriptures, messengers,  
the Day of Judgement, and His divine decree. ”**

The believers are not equal in their levels of Imaan - some have more of it, while others have less.

Even at an individual level, Imaan does not stay fixed at a point. Rather, it increases and decreases.

Allah ﷺ says in Surah Tawbah:

1

وَإِذَا مَا أُنْزِلَتْ سُورَةٌ فِيهَا مَنْ يَقُولُ أَيُّكُمْ زَادَتْهُ هَذِهِ إِيمَانًا فَأَمَّا الَّذِينَ ءَامَنُوا فَزَادَتْهُمْ إِيمَانًا وَهُمْ يَسْتَبَشِرُونَ ۚ وَأَمَّا الَّذِينَ فِي قُلُوبِهِمْ مَرَضٌ فَزَادَتْهُمْ رِجْسًا إِلَى رِجْسِهِمْ وَمَا تُوَلُّ وَهُمْ كَفَرُونَ

**And whenever a sūrah is revealed, there are among them [i.e., the hypocrites] those who say, "Which of you has this increased in faith?" As for those who believed, it has increased them in faith, while they are rejoicing. But as for those in whose hearts is disease, it has [only] increased them in evil [in addition] to their evil. And they will have died while they are disbelievers.**

Surah At-Tawbah 9:124-125

These Aayaat prove that Imaan can rise and fall.

A

## What Causes Imaan to Fluctuate?

Umayr Ibn Habeeb Al-Khatmee رضي الله عنه said:

2

الإيمان يزيد وينقص ، فقيل : فما زيادته ؟ وما نقصانه ؟ قال : إذا ذكرنا ربنا وخشيناه . فذلك زيادته ، وإذا غفلنا ونسينا وضيغنا بذلك نقصانه .

**“Imaan goes up and down.” They said, “What is it that makes Imaan go up and what is it that makes Imaan go down?” He replied, “ When (no need for the space after the quote marks) we remember Allah, we praise Him, and declare His perfection; this is our increase in Imaan. But when we are heedless, when we lose out, and we forget; this is the loss of Imaan.**

Shu’ab al-Imān 55

We need to understand that every good deed, no matter how big or small, increases our Imaan. Likewise, every bad deed - big or small - causes it to decrease.

## B Low Imaan is a Test That Everyone Goes Through

At times, people feel motivated to engage in as many good deeds as possible. Other times, they experience moments when enthusiasm declines, making it challenging to carry out even some regular acts of worship.

The Prophet ﷺ told us about this state when he said:

3

إِنَّ لِكُلِّ عَمَلٍ شِرَّةً وَلِكُلِّ شِرَّةٍ فَتْرَةً ، فَمَنْ كَانَتْ شِرَّتُهُ إِلَى سَنَتِي فَقَدْ أَفْلَحَ ، وَمَنْ كَانَ فَتْرَتُهُ إِلَى غَيْرِ ذَلِكَ فَقَدْ هَلَكَ.

**“For every action, there is a motivation/enthusiasm and after every motivation, there will be a decline. If after the decline one’s action still conforms to my Sunnah then he will be rightly guided. If after the decline his actions [do not conform to the Sunnah] then he will be destroyed.”**

Musnad Imam Ahmad 6958

## C How to Gauge Your Imaan?

A sign of wisdom in a person is his ability to assess the condition of his Imaan - whether it is increasing or hitting rock bottom.

To know the right way of doing it, one may reflect upon this famous hadith narrated by Nu'man Bin Bashir رضي الله عنه that the Prophet ﷺ said:

4

أَلَا وَإِنَّ فِي الْجَسَدِ مُضَعَّةً إِذَا صَلَحَتْ صَلْحَ الْجَسَدِ كُلُّهُ وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدِ كُلُّهُ أَلَا وَهِيَ الْقَلْبُ.

**“Beware! In the body, there is a piece of flesh which, if it is sound, the whole body will be sound, and if it is corrupt, the whole body will be corrupt. It is the heart.”**

Sunan Ibn Majah 3984

If you see corruption in your actions, thoughts and a lack of good deeds, then look at your heart. Examining its condition will let you know whether your Imaan is in a bad situation. Ultimately, it will help you take steps to regain your balance.

Sometimes, you may feel a shade over your heart. This is noticed mostly by those who pay close attention to the states of their hearts and Imaan.

It is narrated:

5

عَنْ الْأَغْرِيْرِ الْمُزَانِيِّ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ إِنَّهُ لَيُغَانُ عَلَى قَلْبِي وَإِنِّي لَأَسْتَغْفِرُ اللَّهَ فِي الْيَوْمِ مِائَةَ مَرَّةٍ.

**Al-Aghar al-Muzani reported: The Messenger of Allah, peace and blessings be upon him, said, “Verily, at times there is fog over my heart, so I seek the forgiveness of Allah one hundred times in a day.”**

Ṣaḥīḥ Muslim 2702

The Prophet ﷺ was sent to us as the finest role model. His past and future have been forgiven. If he sought Allah's ﷺ remembrance and forgiveness when he sensed a veil over his heart, what about us? Sometimes, our hearts feel not only veiled but fully sealed. Recognizing when our hearts falter is crucial. We must realign our efforts and adopt the right actions to steer ourselves back on track.

## D **Do Not Become Content Even If You Feel Your Imaan is Strong**

This course outlines how to navigate moments of low faith. How do you address the times when you feel distant from where you want to be spiritually and desire improvement for your Aakhirah?

Even if your faith seems strong, do not settle. Strive for continuous growth. Allah ﷺ reminds us:

6

وَالَّذِينَ يُؤْتُونَ مَا ءاتَوْا وَقُلُوبُهُمْ وَجْهَةٌ أَتَهُمْ إِلَى رَبِّهِمْ رَجْعُونَ

**And they who give what they give while their hearts are fearful because they will be returning to their Lord.**

Surah Al-Mu'minun 23:60

In this verse, strong believers are described as those who give while fearing their deeds might not be accepted upon their return to Allah ﷺ. They worry about returning to Him with deeds that will be rejected.

Thus, they persistently pursue more righteous deeds, sensing their efforts fall short. We should aspire to such faith, unsatisfied with our current deeds, persistently engaging in every possible virtuous act. We must not assume that we are safe from Allah's plan. Considering ourselves immune to His plan can place us among the "khasiroon," those who are at a loss.

# Having Hope in Allah and Seeking His Forgiveness

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*Chapter One*

This course is based on the following āyah:

أَلَمْ يَأْنِ لِلَّذِينَ ءَامَنُوا أَن تَخْشَعْ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَّلَ مِنْ  
الْحَقِّ وَلَا يَكُونُوا كَالَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلِ فَطَالَ عَلَيْهِمْ الْأَمْدُ  
فَقَسَطَ قُلُوبُهُمْ وَكَثِيرٌ مِّنْهُمْ فَسِقُونَ . أَعْلَمُوا أَنَّ اللَّهَ يُنْحِي الْأَرْضَ  
بَعْدَ مَوْتِهَا . قَدْ بَيَّنَا لَكُمْ آثَارِيَتِ لَعْلَكُمْ تَعْقِلُونَ

**Has the time not come for those who have believed that their hearts should become humbly submissive at the remembrance of Allāh and what has come down of the truth? And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened, and many of them are defiantly disobedient. Know that Allāh gives life to the earth after its lifelessness. We have made this clear to you the signs; perhaps you will understand.**

Surah Al-Hadeed 57:16-17

The link between these verses highlights an important lesson about our hearts. Allah ﷺ reassures us that no matter how lost or distant our hearts feel, He can renew and revive them with His guidance. Just as He brings life to the earth, we should have faith that He can also guide our hearts back to the right path.

***It is important to note that it is possible to regain our Imaan.***

This book helps you establish the framework for rebuilding your Imaan by highlighting some things you can do if you feel a covering over your heart.

Our Prophet ﷺ felt a shade over his heart, or a small covering and to rectify that, he would ask Allah ﷺ for forgiveness 100 times per day.

### A — The First Action You Can Do to Restart the Heart and Bring It Back to Life

Do not wait for the feeling of regret to hit you. Even before you start feeling sorry or resolve to change your whole life, ask Allah ﷺ for forgiveness.

**SAY:**

اللَّهُمَّ اغْفِرْ لِي (Allahummaghfirli)

O Allah, forgive me.

When you seek Allah's ﷺ forgiveness, you are asking Him to conceal, wipe out, and pardon what happened so that you do not have to face bad consequences.

***Forgiveness in itself is a significant footstep back to the path of righteousness.***

It is narrated that the Prophet ﷺ said:

1

قَالَ اللَّهُ تَعَالَى : يَا ابْنَ آدَمَ ، إِنَّكَ مَا دَعَوْتِنِي وَرَجَوْتِنِي ، غَفَرْتُ لَكَ عَلَى مَا كَانَ مِنْكَ وَلَا أُبَالِي . يَا ابْنَ آدَمَ : لَوْ بَلَغْتُ ذُنُوبُكَ عَنَّا السَّمَاءِ ثُمَّ اسْتَغْفَرَتَنِي ، غَفَرْتُ لَكَ . يَا ابْنَ آدَمَ : إِنَّكَ لَوْ أَتَيْتَنِي بِقُرْبَابِ الْأَرْضِ خَطَايَا ثُمَّ لَقِيَتْنِي لَا تُشْرِكُ بِي شَيْئًا ، لَأَتَيْتُكَ بِقُرْبَابِهَا مَغْفِرَةً.

Allah the Almighty said: O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you. O son of Adam, were you to come to Me with sins nearly as great as the earth and were you then to face Me, ascribing no partner to Me, I would bring you forgiveness nearly as great as it.

Jami At-Tirmidhi 3540

Allah ﷺ comforts us through His statement that as long as we maintain hope in Him and supplicate sincerely, without associating any partners with Him, He will grant us forgiveness.

These words offer relief to someone who might not have started making significant life changes yet but genuinely seeks Allah's forgiveness. Anyone who does this acknowledges his reliance on Allah to forgive, overlook, and conceal his wrongdoings.

### B — Sayyid Al-Istighfaar - the Best Du'ā for Seeking Forgiveness

This du'ā is part of the morning and evening Adkhaar.

#### MEMORISE IT:

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ،  
خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتَ،  
أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتَ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ،  
وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

Allāhumma anta Rabbī lā ilāha illā ant, khalaqtanī wa anā `abduk, wa anā `alā `ahdika wa wa`dika mastata`t, a`udhu bika min sharri mā şana`t, abū'u laka bi ni`matika `alay, wa abū'u bidhanbī faghfir lī fa'innahu lā yaghfirudh-dhunūba illā ant.

**O Allah, You are my Lord. There is no god but You. You created me and I am Your slave, and I remain faithful to Your covenant and Your promise as much as I can. I seek refuge with You from the evil of what I have done. I acknowledge Your favours upon me, and I admit my sins. So forgive me, for indeed none forgives sins except You.**

# Having a Balance Between Hope and Fear

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*Chapter Two*

Another issue that needs attention is striking a balance between hope and fear.

When faith weakens, people often find themselves in **two** situations:

### 1 Excessive Hope

They feel misleadingly safe and overly confident, believing that nothing can harm them. To address this, they should become more cautious of Allah ﷺ.

### 2 Fear and Hopelessness

They feel powerless and think they cannot improve their situation. To counter this, they should boost their hope in Allah. This is not easy, but a few steps can help restore the balance between hope and fear.

## Start Small

### A By Doing Small Good Deeds

Remember the following statement of the Prophet ﷺ:

1

لَا تَحْقِرُنَّ مِنَ الْمَعْرُوفِ شَيْئًا وَلَوْ أَنْ تَلْقَى أَخَاكَ بِوَجْهٍ طَلْقٍ

**“Do not belittle any good deed, even meeting your brother (Muslim) with a cheerful face.”**

Sahih Muslim 2626

Never look down on any good deed - whether it is to remove a thorn from the road, to smile at your brother, or to say salam to him.

You never know – it might be the one that will save you on the Day of Judgment.

Therefore, if you feel your Imaan is really low, you should begin racking up the small easy-to-do good deeds.

Allah's Messenger ﷺ said:

2

عُفِرَ لِامْرَأَةٍ مُؤْمِسَةٍ مَرَّتْ بِكَلْبٍ عَلَى رَأْسِ رَكِّيْ يَلْهَثُ، قَالَ كَادَ يَقْتُلُهُ الْعَطَشُ، فَنَزَعَتْ خُفَّهَا، فَأَوْتَقْتَهُ بِخِمَارِهَا، فَنَزَعَتْ لَهُ مِنَ الْمَاءِ، فَغُفِرَ لَهَا بِذَلِكَ.

**An unchaste woman was forgiven by Allah, because, passing by a panting dog near a well and seeing that the dog was about to die of thirst, she took off her shoe and, tying it with her head-cover, she drew out some water for it. So, Allah forgave her because of that.**

Sahih Bukhari 3321

Note that the woman mentioned in this hadith lived her life committing zina. She gave water to an animal that was impure. Nor was it beloved to Allah ﷺ. Yet, He ﷺ forgave her sins because she gave water to it.

Now, reflect upon how this applies to your situation. Why would Allah ﷺ not forgive you as a result of some small good deeds that you did?

So, if you ever feel like your faith is getting weaker, start doing little good things. Do not worry about big, virtuous actions because they can feel tough to handle sometimes. But doing small, good things is easy, and they do not require much effort.

## B By Giving Up Minor Sins

An easy way to strengthen your Imaan is by letting go of minor sins. The Prophet ﷺ advised us to avoid sins that people tend to overlook or consider insignificant.

You cannot know which of your minor misdeeds might be the one to tip the balance on the Day of Judgement, possibly leading you to enter Jahannam.

That is why it is important to recognise any minor sins or bad habits you have and work on eliminating them as soon as you can.

The Messenger of Allah ﷺ said:

1

إِيَّاكُمْ وَمُحَقَّرَاتِ الذُّنُوبِ ، فَإِنَّهُنَّ يَجْتَمِعُنَّ عَلَى الرَّجُلِ حَتَّىٰ يُهْلِكَنَّهُ وَإِنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ضَرَبَ لَهُنَّ مَثَلًا : كَمِثْلِ قَوْمٍ نَزَلُوا بِأَرْضِ فَلَادِيَةٍ ، فَحَضَرَ صَنِيعُ الْقَوْمِ ، فَجَعَلَ الرَّجُلُ يَنْطَلِقُ ، فَيَجِيءُ بِالْعَوْدِ ، وَالرَّجُلُ يَجِيءُ بِالْعَوْدِ ، حَتَّىٰ جَمَعُوا سَوَادًا ، وَأَجَجُوا نَارًا ، فَأَنْضَجُوا مَا قَذَفُوا فِيهَا .

**“Beware of sins that are thought of as little, because they accumulate until they cause a man’s doom.” The Messenger of Allah ﷺ gave us the likeness of that: the likeness of people who have halted in the desert and the time comes to cook, so one man goes out and brings a stick, and another man brings another stick, until they have accumulated a lot, then they light a fire and cook what they put on it.”**

Musnad Imam Ahmad 3818

Based on the mentioned hadith, the Prophet ﷺ cautioned us about the harm of accumulating small sins, which can lead to our downfall. So, when your faith is weakening, you do not have to immediately tackle major challenges.

Instead, you can begin by performing small acts of goodness while also avoiding minor wrongdoings. This approach goes a long way towards resolving the issue and finding a balance between hope and fear.

# Keeping Your Tongue Moist with the Remembrance of Allah

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*Chapter Three*

Let us go back to the āyah in Surah al-Hadeed where Allah ﷺ says:

1

أَلَمْ يَأْنِ لِلّٰٓيْنَ ءَامَنُوا أَن تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللّٰٓيْ وَمَا نَزَّلَ مِنْ الْحُقْقِ

**Has the time not yet come for believers' hearts to be humbled at the remembrance of Allah and what has been revealed of the truth.**

Surah Al-Hadeed 57:16

Once a man came to the Prophet ﷺ and said, "Indeed, the legislated acts of Islam have become too much for me, so inform me of a thing that I should stick to."

The Prophet ﷺ replied:

2

لَا يَرْأُلْ لِسَانُكَ رَطْبًا مِنْ ذِكْرِ اللّٰٓيْ

**"Don't let your tongue stop being moist with the remembrance of Allah."**

Jami` at-Tirmidhi 3375

Remembering Allah ﷺ has many benefits. Make it a habit to repeat small supplications like:

1 Subḥānallāh

2 Al-ḥamdulillāh

3 Astaghfirullah

4 Allāhu Akbar

5 Lā ilāha illallah  
'illā bi-llāh

6 Lā ilāha illallah  
...and so on...

The act of constant dhikr is one of the best ways to increase a person's Imaan. Moreover, it brings khushoo' (humility) to the heart.



There are two phrases that are beloved to Ar-Rahman. They are light on the tongue and heavy on the scales.

Abu Hurairah رضي الله عنه narrated that Allah's Messenger ﷺ said:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ  
سُبْحَانَ اللَّهِ الْعَظِيمِ

3

كَلِمَتَانِ حَبِيبَتَانِ إِلَى الرَّحْمَنِ، خَفِيفَتَانِ عَلَى اللِّسَانِ، ثَقِيلَتَانِ فِي الْمِيزَانِ سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ اللَّهِ الْعَظِيمِ.

"(There are) two words which are dear to the Beneficent (Allah) and very light (easy) for the tongue (to say), but very heavy in weight in the balance. They are: "Subhan Allah wa-bi hamdihi" and "Subhan Allah Al-'Adhim."

Sahih Al-Bukhari 7563

Reflect on this hadith about how dhikr can save you from punishment. The Messenger of Allah ﷺ said:

4

أَلَا أَبْيَكُمْ بِخَيْرِ أَعْمَالِكُمْ، وَأَزْكَاهَا عِنْدَ مَلِيكِكُمْ، وَأَرْفَعُهَا فِي درجاتِكُمْ، وَخَيْرٌ لَكُمْ مِنْ إِنْفَاقِ الْذَّهَبِ وَالْفَضَّةِ وَخَيْرٌ لَكُمْ مِنْ أَنْ تَلْقَوْهُ عَدُوكُمْ فَتَضْرِبُوهُ أَعْنَاقَهُمْ، وَيُضْرِبُوهُ أَعْنَاقَكُمْ؟ قَالُوا: بَلِّي، قَالَ: ذَكْرُ اللَّهِ تَعَالَى.

"Should I not inform you of the best of your deed, and the purest of them with your Master, and the highest of them in your ranks, and what is better for you than spending gold and silver, and better for you than meeting your enemy and striking their necks, and they strike your necks?" They said: "Of course." He said, "The remembrance of Allah [Most High]."

Jami' At-Tirmidhi 3377

The Prophet ﷺ told us that dhikr raises your levels, Imaan, rank, and status in Jannah. It is easy to do and does not require money or time.

Those who busy themselves with the dhikr of Allah ﷺ have been promised forgiveness and a great reward:

5

وَالَّذِكَرُ بِاللَّهِ كَثِيرًا وَالَّذِكْرُتُ أَعْدَ اللَّهُ لَهُمْ مَغْفِرَةً وَأَجْرًا عَظِيمًا

...and men and women who remember Allah often—for (all of) them Allah has prepared forgiveness and a great reward.

Surah Al-Ahzab 33:35

Quite often, when our Imaan weakens, we tend to stop making du'a to Allah. We stop asking Him for paradise, for guidance, or to fulfil our needs. This can lead us into a cycle of negative habits. Hence, it is crucial to remember Allah, make lots of du'a to Him, and praise His names and attributes.

### A — Acquiring Beneficial Knowledge

The most effective way to boost one's Imaan is through beneficial knowledge (عِلْمًا نَافِعًا). Such knowledge involves insights or reminders that can shape your behaviour. Keep in mind that knowledge becomes truly beneficial when you apply it to your life. Therefore, make an effort to learn about your Deen.

If you sense that your Imaan is not as strong as you would like it to be, consider attending a lecture at a masjid, listening to a respected scholar, or engaging with a reminder that resonates with you.

### B — Seeking Good Companions

Another action you can take to enhance your Imaan is to surround yourself with virtuous and righteous individuals. Being in the company of those who encourage you to remember Allah ﷺ, pray together, engage in shared study, and reflect upon the teachings of the Qur'an can significantly elevate your Imaan.

The Prophet ﷺ said:

6

**مَثُلُ الْجَلِيسِ الصَّالِحِ وَالْجَلِيسِ السُّوءِ كَمَثَلِ صَاحِبِ الْمِسْكِ، وَكِيرِ الْحَدَادِ، لَا يَعْدُمُكَ مِنْ صَاحِبِ الْمِسْكِ إِمَّا تَشْتَرِيهِ، أَوْ تَجِدُ رِيحَهُ، وَكِيرُ الْحَدَادِ يُخْرِقُ بَدَنَكَ أَوْ ثَوْبَكَ أَوْ تَجِدُ مِنْهُ رِيحًا خَيْثَةً.**

**"The example of a good companion (who sits with you) in comparison with a bad one, is like that of the musk seller and the blacksmith's bellows (or furnace); from the first you would either buy musk or enjoy its good smell while the bellows would either burn your clothes or your house, or you get a bad nasty smell thereof."**

Sahih al-Bukhari 2101

Take some time out to sit with good people that you know have a positive effect on your Imaan. Even half an hour or an hour of good company has an immediate effect on your Imaan and on changing your outlook.

# Going Back to the Qur'ān

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*Chapter Four*

# “Strengthen your bond with the Qur'an.”

It is **our guide**,  
as Allah ﷺ says  
in His Holy Book:



1

إِنَّ هَذَا الْقُرْآنَ يَهْدِي لِلّٰتِي هِيَ أَقْوَمُ

**Surely this Qur'an guides to what is most upright**

Surah Al-Isra 17:9

The Qur'an has the power to soften the heart and elevate a person's Imaan. The remedy for weakened Imaan lies in re-establishing your connection with the Qur'an and embracing it as your companion.

The verses of Qur'an increase the believers in their Imaan, as Allah ﷺ says:

2

إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجَلَّتْ قُلُوبُهُمْ وَإِذَا تُلِيهِمْ آيَاتُهُ زَادَتْهُمْ إِيمَانًا وَعَلَى رَبِّهِمْ يَتَوَكَّلُونَ

**The (true) believers are only those whose hearts tremble at the remembrance of Allah, whose faith increases when His revelations are recited to them, and who put their trust in their Lord.**

Surah Al-Anfal 8:2

3

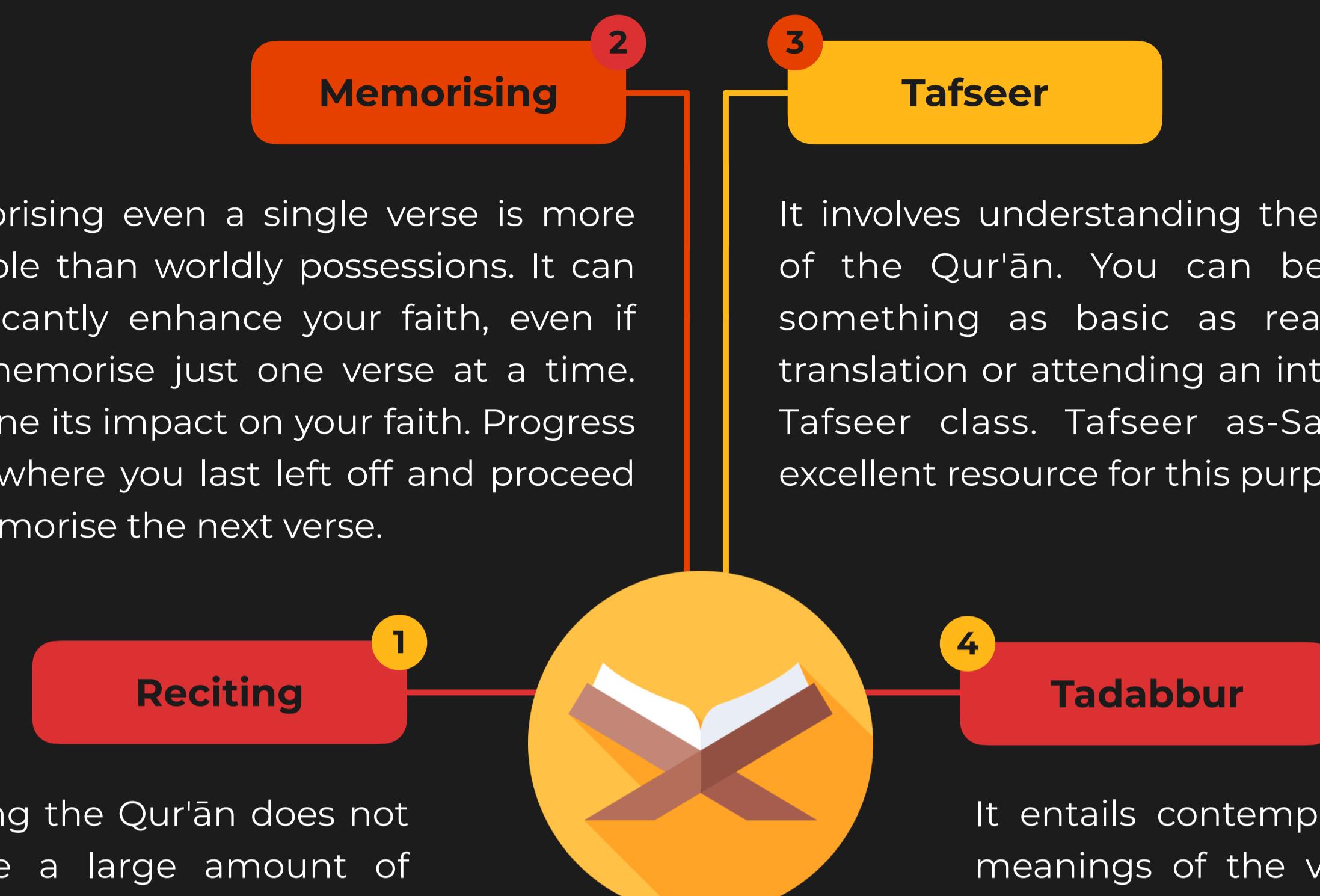
وَشِفَاءٌ لِمَا فِي الصُّدُورِ

**It is a cure for what is in the chest**

Surah Yunus 10:57

These verses provide proof that the Qur'an is a powerful way for us to treat every illness of the heart.

Going back to the Qur'ān must be done in all of the following aspects:



#### Application & Implementation

It involves putting the verses into action, even if it is as simple as remembering Allah. You could say, "I will make an effort to remember Allah. After each prayer, I will engage in dhikr." This act of applying a verse can have a significant impact on your Imaan.

أَلَمْ يَأْنِ لِلّٰهِ مَنْ ءَامَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللّٰهِ  
وَمَا نَزَّلَ مِنْ آخْرٍ

**Has the time not yet come for believers' hearts to be humbled at the remembrance of Allah and what has been revealed of the truth?**

Surah Al-Hadeed 57:16

**Read the Tafseer.  
Ask yourself:**

What am I supposed to take from this? Does it mean that I need to do more dhikr, or that I need to read the Qur'ān more? Or if my heart is hard, does it mean I have become distant from the Qur'ān? How do I change this? Reflect upon it in light of the Tafseer that you have learned. Do not think about it using your own opinion. Ponder over the verses in the light of Tafseer and implement it, even if it is a small thing.

# Striving Against Your Soul and the Shaytan

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*Chapter Five*

As we embark on a path of concrete progress, it is inevitable that obstacles will emerge along the way.

**The two significant barriers that will try to obstruct your path are:**

1 — Your own desires (Nafs)

2 — The influence of Shaytan

Ibn al-Qayyim says that avoiding something evil is easier than trying to get rid of it after having become accustomed to it. The test of leaving bad habits, known as Al-Fittam, requires patience. The inner struggle, or Mujahadatun Nafs, greatly impacts our Imaan.

Ponder over this statement of Allah ﷺ in which He says:

1

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَىٰ النَّفْسَ عَنِ الْهَوَىٰ ۖ فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَىٰ

**And as for those who were in awe of standing before their Lord and restrained themselves from (evil) desires, Paradise will certainly be (their) home.**

Surah An-Nazi'at 79:40-41

A

### The Pure vs. the Wicked Soul

It is your duty as a believer to have the strength to control your Nafs and your desires.

The Nafs is similar to the body. If it gets something it wants every time, it craves more and more of it.

For instance, imagine what would happen if you indulged in chocolate every time you craved it.

If you consumed whatever you desired whenever you wanted, there would eventually be repercussions for such impulsive and careless behaviour.

Remember, the price you pay for giving in to the desires of your soul is far more serious than that in the case of the body, as it bears consequences in the Hereafter.

Every time you allow your Nafs to take the lead, it edges closer and closer to becoming evil.

Allah ﷺ describes the evil Nafs in the following āyah:

2

وَمَا أُبَرِئُ نَفْسِي ۚ إِنَّ النَّفْسَ لَكَمَارَةٌ بِالشَّوَّءِ إِلَّا مَا رَحِمَ رَبِّي ۖ إِنَّ رَبِّي غَفُورٌ رَّحِيمٌ

**And I do not absolve my inner self of blame. Surely, man's inner self often incites to evil, unless my Lord shows mercy. Certainly, my Lord is the Most-Forgiving, Very-Merciful.**

Surah Yusuf 12:53

Through Prophet Yusuf's عليه السلام statement, Allah ﷺ tells us that the Nafs is constantly commanding evil.

On the contrary, if Allah has mercy on a person, He allows his Nafs to become a tranquil soul that instructs him to do good deeds that will earn him the pleasure of his Lord.

However, this does not mean that you should stop fighting the evil of your Nafs. If you do not strive against it, it will ultimately become the soul that constantly tells a person to do evil.

B

### Fighting Against Yourself

When you are feeling low, taking control of your Nafs might seem difficult. You might not expect to be able to prevent your inner self from leading you to do wrong things.

But in this struggle, it is not the act of winning that increases one's Imaan. It is in fact the actual battle, the very action of fighting your Nafs itself that increases your Imaan.

Begin by selecting something challenging for you and admit, "This is truly difficult for me. I have been struggling to read the Qur'an daily, for instance. I have not been consistent. I acknowledge its importance. That is it. I will clear my schedule. I will endure some discomfort. I will invest an extra half-hour or rise thirty minutes earlier. Regardless, I will persevere, unwavering in my battle against myself."

This self-confrontation is important because the struggle it involves is enough to cause a surge in one's Imaan.

Initial success is not that important, nor are past failures. The crucial step is identifying the issue and then consciously intending to rectify your struggle.

Before you start battling your Nafs, make sure you have a plan. A list of important things to focus on first. What is most important?

Definitely, salah comes first. After believing in Allah and His Oneness, nothing is more crucial than prayer. So pay attention to your prayers.

Your prayers are supposed to prevent you from falling into evil, as Allah ﷺ says:

3

**إِنَّ الصَّلَاةَ تَهْرِي عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ**

**Indeed, (genuine) prayer should deter (one) from indecency and wickedness.**

Surah Al-Ankabut 29:45

Prayer helps you avoid wrongdoing. If you are still engaging in bad deeds, it means your prayer is not stopping you. If your prayer is not stopping you, it needs fixing. Therefore, you need to strive to make it better.

C

**Plots of Shaytan**

Having battled your Nafs, you must contend with the next enemy awaiting you.

It is the Shaytan, as Allah ﷺ tells us:

4

يَأَيُّهَا الَّذِينَ ءَامَنُوا لَا تَتَّبِعُوا خُطُوٰتِ الشَّيْطَانِ وَمَن يَتَّبِعْ خُطُوٰتِ الشَّيْطَانِ فَإِنَّهُ يَأْمُرُ بِالْفَحْشَاءِ وَالْمُنْكَرِ

**O believers! Do not follow the footsteps of Satan. Whosoever follows the footsteps of the Shaytan, Shaytan commands people to do evil and wrongdoing.**

Surah An-Nur 24:21

Shaytan wants to lead you to evil. You must stay vigilant against the plots and traps he places in your path.

Allah ﷺ says that the plot of Shaytan is always weak:

5

إِنَّ كَيْدَ الْشَّيْطَانِ كَانَ ضَعِيفًا

**Indeed Shaytan's plots are truly weak.**

Surah An-Nisa 4:76

Shaytan makes plans that are specifically designed for you.

In your fight against him, it is not only important to know your heart but also to unravel how Shaytan led you here.



1

**What were the steps in the plot that brought you from where you were to where you are now?**

2

**What caused you to stumble?**

3

**Could it be that Shaytan enticed you towards something your inner desires already leaned towards?**

4

**How did you respond to his whispers?**

Often, when you look back, you realise that everything happened because of a single sin you committed.

For instance, after I looked at something forbidden, your prayers and dhikr suffered, you stopped reading the Qur'an, and so on.

Looking back, you can point to that sin and be sure it was the cause. Allah knows best.

When you decide to fight Shaytan, know that he will fight you back. He intends to make us follow our desires.

Allah ﷺ says:

6

**أَفَرَءَيْتَ مِنِ اتَّخَذَ إِلَهَهُ هَوَنَهُ وَأَضَلَّهُ اللَّهُ عَلَى عِلْمٍ وَخَتَمَ عَلَى سَمْعِهِ وَقَلْبِهِ وَجَعَلَ عَلَى بَصَرِهِ غِشْوَةً فَمَن يَهْدِيهِ مِنْ بَعْدِ اللَّهِ أَفَلَا تَذَكَّرُونَ**

**Have you seen (O Prophet) those who have taken their own desires as their god? (And so) Allah left them to stray knowingly, sealed their hearing and hearts, and placed a cover on their sight. Who then can guide them after Allah? Will you (all) not then be mindful?**

Surah Al-Jathiya 45:23

This verse describes the person who submits to the desires of his Nafs. Shaytan wants you to be like that person. Then when the matter is done, he will say, **“Do not blame me. I merely invited you to what your Nafs wanted to do in the first place.”**

D

### Helping People

Another way to deal with low Imaan is to help someone else.

The Prophet ﷺ said:

7

**وَاللَّهُ فِي عَوْنَى الْعَبْدِ مَا كَانَ الْعَبْدُ فِي عَوْنَى أَخِيهِ**

**“Allah helps His slave to the extent that he helps his brother.”**

Sunan Ibn Majah 225

At times, you put effort into boosting your Imaan but face challenges on the initial steps.

In situations like this, think about aiding others. Maybe Allah ﷺ will support you in return for this act of kindness.



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